metro
NEW YORK • Monday, January 13, 2014

SHEN YUN THRILLED PACKED HOUSE LAST WEEKEND

THIS IS THE FINAL WEEK

ALL-NEW PRODUCTION

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神韻藝術團 SHEN YUN PERFORMING ARTS

SHEN YUN AT LINCOLN CENTER DAVID H. KOCH THEATER **JAN. 10–19** ShenYun.com

SHEN YUN

EVERY YEAR, IT'S ALL NEW!

EVERY YEAR, it's a surprise. Every year, it's altogether new. Every year, it begins in the spring as Shen Yun's choreographers, composers, and artists comb through the vast wellspring of Chinese culture, drawing inspiration. From across dynasties, regions, and ethnic groups, they formulate all-new dance pieces that present not only the exquisite artistry of classical Chinese dance, but also the profound culture and wisdom of 5,000 years of Chinese civilization. "For months we rehearse, we sweat, we hammer and refine every detail of every pose, every costume, and every backdrop," says Shen Yun principal dancer and choreographer Michelle Ren. "We change it and change it again until it's as perfect as it can possibly be." Finally, as the first snow begins to fall in winter, Shen Yun hits the road for an annual world tour, delivering to audiences around the globe an all-new program that delights and inspires.

"Tonight was the most spectacular of all the times I have seen [Shen Yun]."

—Christine Walevska, master cellist

"I come to see Shen Yun every year. This is already my sixth time attending the show…"

—Cindy Wong, Beijing business owner

SHEN YUN—NOTHING SHORT OF A MIRACLE

SHEN YUN PERFORMING ARTS. Audiences who have seen it recall the experience of a lifetime—a moment so powerfully beautiful, it touches the soul.

Shen Yun presents colorful and exhilarating performances of classical Chinese dance and music. A performance by Shen Yun is a presentation of traditional Chinese culture as it once was: a study in grace, wisdom, and virtues distilled from the five millennia of Chinese civilization.

Every year, Shen Yun unveils an entirely new lineup of dances, songs, and musical scores. At the core of Shen Yun's performances is classical Chinese dance, with China's numerous ethnic and folk dance styles rounding out the evening.

In a collection of short pieces, audiences travel from the Himalayas to tropical lake-filled regions, from the legends of the culture's creation over 5,000 years ago to the story of Falun Dafa in China today, from the highest heavens down to the dusty plateaus of the Middle Kingdom.

"A mesmerizing performance … reclaiming the divinely inspired cultural heritage of China."

—Donna Karan, creator of DKNY

During a single performance, Shen Yun transports audiences across time and space, offering a cross-cultural experience that not only entertains, but more broadly, educates and inspires. After seeing the show, one audience member marveled, "This production ... is nothing short of a miracle!"

FROM BATTLEFIELDS TO IMPERIAL PALACES.
Classical Chinese dance has a history of thousands of years, sharing a common ancestry with martial arts. Over the centuries, this ancient dance system was enriched with each dynasty's wisdom and aesthetic principles. Its dramatic jumping, spinning, and tumbling techniques are just a part of the vast repertoire of movements that make up classical Chinese dance. It is one of the most demanding and expressive art forms in the world.

THIS IS THE FINAL WEEK! **6 SHOWS LEFT** JAN 10-19 | **LINCOLN CENTER** DAVID H. KOCH THEATER | **ShenYun.com/NYC**

JUST HOW COOL WERE THE GOLDEN GLOBES?

WE GRADE FEY AND POEHLER'S ENCORE HOSTING GIG. PAGE 18

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DOUBLE YOUR DUMB

Dim bulbs. Twin brothers in Brooklyn allegedly tried to bribe police with $14,000 in cash after one of the brothers was arrested on Sunday. **Lots of plastic.** The brother who was arrested was reportedly found with $24,000 in gift cards and forged credit cards. PAGE 02

This is the year for your new career

PAGE 26

Bosch details A-Rod's drug use

PAGE 28

Bum rush

PAGE 04

A few thousand New Yorkers took to the subway on Sunday to celebrate the annual "No Pants Subway Ride." / MILES DIXON, METRO

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1 NEWS

Today's tweet

"Four years since the catastrophic earthquake, New York City stands with Haiti in remembrance and a steadfast commitment to rebuild."
@BilldeBlasio

Giveaway

New year, new you

It's a new year and time for a new you! As part of Metro's New in the New Year series (running all week), we want to help you make it your best year yet. To help kick off your success, we're giving away a FitBit activity tracker to one lucky reader. Like www.facebook.com/MetroNewYork on Facebook and enter for a chance to win from now until Jan. 26. Get moving!

NYPD: Twin brothers try to bribe cops with $14K

Scheme. Police said one twin was busted with forged credit cards.

Twins tried to bribe cops after one brother was busted with forged credit cards and $24,000 in gift cards early Sunday, according to the NYPD.

Jael Sanchez, 20, was first caught with the cards following a traffic stop in East Flatbush, police said.

When officers approached Sanchez's car, after he turned without signaling, police said he tried to hide marijuana in his waistband.

Cops searched Sanchez. Police said they found 20 Target gift cards and a Visa gift card, together worth $24,000, along with 14 forged credit cards and the weed in his pockets.

While his arrest was being processed, police said Sanchez offered cops $10,000 for his release and the return of the cards.

Unsuccessful, Sanchez called his twin brother from the 71st Precinct, authorities said.

Jan Sanchez showed up to the station with a plastic bag that contained $4,000 cash, police said, offering officers the money in exchange for his brother's release. The twins were charged with bribery of a public servant. Jael Sanchez was also charged with possession of a forged instrument and criminal possession of marijuana.

By the numbers

$10K

Jael Sanchez tried to bargain for his release with $10,000, police say.

Two brothers were charged with bribing cops after one was caught with 14 fake credit cards and $24,000 in gift cards. / NYPD

ANNA SANDERS
anna.sanders@metro.us

Mayor vows to find Stark's killer

Mayor Bill de Blasio said the killer would be brought to justice. / GETTY IMAGES

Just over a week after the body of a kidnapped Brooklyn landlord was found in a Long Island dumpster, Mayor Bill de Blasio vowed police will find his killer.

The body of Menachem Stark, 39, was found partially burned in a Great Neck, N.Y., dumpster Jan. 3, according to the NYPD. Two suspects forced Stark into a Dodge Caravan when the businessman left his Williamsburg office during a blizzard the night before.

Searching for answers

"It's a tragedy what happened to Mr. Stark, and my heart goes out to his family and they are in my thoughts and prayers." De Blasio

"It's a tragedy what happened to Mr. Stark and my heart goes out to his family and they are in my thoughts and prayers," de Blasio said on WMCA's "Community Matters" show Saturday.

"I know for many, many people in the Jewish community this has been a very painful moment and I want to say, first of all, we are going to get to the bottom of this. We are going to find who did this to him and who robbed children of a father and a wife of a husband."

The NYPD is leading the investigation with Nassau County police.

ANNA SANDERS

Upper Manhattan

Fairway worker charged in colleague's murder

A Fairway employee was arrested for allegedly stabbing his coworker to death during an argument near the upper Manhattan store Saturday afternoon, police said.

Officials said Jovanny Paulino, 25, was charged with murder and felony assault after getting into a fight with Pedro Miguel Payero Valerio, 22, around 1:45 p.m. near a Manhattanville Fairway.

Police said Paulino stabbed Valerio multiple times and fled the scene.

He was later apprehended and arrested by police. ANNA SANDERS

Horrific crime

Police hunt suspect in rape of 7-year-old Bronx girl

The New York City Police Department is searching for a suspect accused of raping a 7-year-old girl in the Bronx last month.

Virgilio Ocampo, 33, is described as 5-foot-7 and 180 pounds with black hair and brown eyes.

Virgilio Ocampo / NYPD

He reportedly raped the girl in the Soundview neighborhood of the Bronx on Dec. 19, police said.

The NYPD is asking that anyone with information on Ocampo call CrimeStoppers at 1-800-577-TIPS or submit tips by texting 274637 and then entering TIP577.

EMILY JOHNSON

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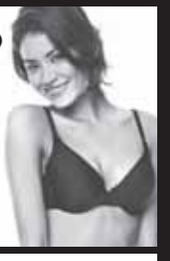

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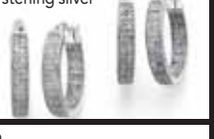

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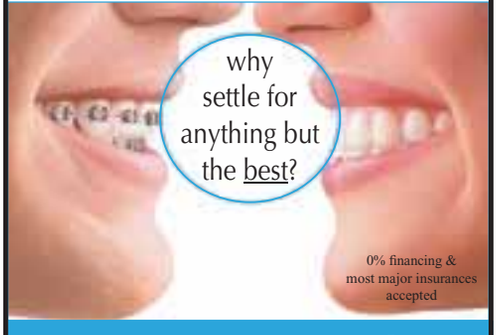

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Street artists breathe life into abandoned East Village building

Transitory. The collection of artists hosted a gallery show inside the vacant space.

Hanksy is known for celebrity-oriented art. / AYMANN ISMAIL, ANIMAL

An abandoned four-story building in the East Village was converted into a temporary art gallery Friday evening.

The secret one-night group show "Surplus Candy" featured dozens of street artists and a handful of graffiti writers who spent the six previous days inside, covering the ruins with vibrant murals, wheatpasted posters, tags and stencils.

By word of mouth and invite only, roughly 400 people explored the creaking space inside.

The exhibit was the brainchild of the street artist Hanksy, his name riffing off world-renowned stenciler Banksy and Academy Award-winning actor Tom Hanks. He's known for creating punny, celebrity-infused art.

Nature of life and art

"Much like graffiti, it was transitory. You were either there or you were not, and that was the point of it all." Hanksy

Hanksy acquired an old set of keys from "a friend of a friend." The locks were never changed, and the building is to be torn down and converted to luxury condos. "Besides my semi-clean record, what else did I have to lose," he said. Other street artists that took part included: Dee Dee, Cern, Icy and Sot, Alice Mizrachi, Moustache Man, Bishop and more.

"I try to say 'yes' to every opportunity to share my artwork in fun and interesting ways," Wizard Skull, 36, said.

Pieces included text collages by El Sol 25, psychedelic portraits by Tony DePew and KC Burney's skeleton dangling a painted knife through a shattered window.

Despite the legal risks involved, the artists said that they greatly enjoyed the leeway and free reign of the art show.

Hanksy remained humble about his art, saying that "Like most of my work, all my pieces for this show were fairly insignificant." One of his pieces was a prominent "Home Alone" homage "Stairway to Kevin."

On a door, artist Cosbe's giant block letters read "I can't afford to live here," echoing the sentiments of many New Yorkers.

Hidden in plain view, the doomed building was given a final breath of life — for art and for kicks — if only for one night. **BUCKY TURCO AND MARINA GALPERINA**

ANIMALNewYork.com is a website that covers arts and culture in the city.
ANIMAL

Riders let it all hang out

Hardened New Yorkers got an eyeful when more than 4,000 people stripped to their skivvies and descended on the city's subway system in the 13th annual "No Pants Subway Ride" on Sunday. "I like to just go and have fun, and I'm not afraid to shake up society," Anna Miretti, 29, of Brooklyn said as she boarded a train. The event is organized by Improv Everywhere and takes place in 60 cities and 25 countries. / MILES DIXON, METRO

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   (1 trains are rerouted via the 3 between 96 St and 148 St.)

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- Transfer between the 1 (*to* and *from* **South Ferry**) and the A at **59 St-Columbus Circle**.
- For 1 stations in **Washington Heights, Harlem,** and the **Upper West Side**, use nearby A stations along **Ft Washington Av, St Nicholas Av,** and **Central Park West** instead, and/or take free shuttle buses available at 1 stations.
- Transfer between free shuttle buses and trains at Dyckman St 1 or A, 168 St (A only), and 96 St 1.

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#FASTRACK

5 new york Monday, January 13, 2014

2014 Metropolitan Transportation Authority

Spirit of giving in 2014

More than 450 homeless children celebrated a belated holiday party with gifts on Saturday, courtesy of The Partnership for the Homeless and Tony's Metro Magic. The annual holiday party, hosted by The Partnership for the Homeless, was supposed to take place on Dec. 14 but was postponed due to snow. Tony's Metro Magic teams the newspaper with worthwhile organizations. The party took place at P.S. 181 in Brooklyn. / MILES DIXON, METRO

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Political career

Christie bridge defense triggers risk, Giuliani says

New Jersey Governor Chris Christie put his political life on the line by denying any involvement in a bridge scandal that's engulfed his administration, said former New York City Mayor Rudolph Giuliani.

"If it's not true, the man has put his political career at risk," Giuliani said of his fellow Republican. Giuliani was speaking on ABC's "This Week." "He says he didn't realize, he says he didn't know. I think it's pretty darn credible — he wouldn't make this blanket denial."

Internal emails released last week showed that Christie's allies orchestrated the September closures of lanes merging onto the George Washington Bridge that lead into Manhattan from Fort Lee, N.J., in an act of political revenge. Fort Lee Mayor Mark Sokolich is a Democrat who — unlike some leading party members in his state — didn't break ranks to endorse the governor's November re-election bid. **BLOOMBERG**

Gov. Chris Christie said "I am not a bully." / GETTY IMAGES

More well-known retailers victims of cyber attacks

Cyber crime. Law enforcement sources have said they suspect the ring leaders are from Eastern Europe.

Neiman Marcus said an outside forensics firm discovered evidence on Jan. 1 that indicated the retailer had been the victim of a cyber attack. / GETTY IMAGES

Target Corp. and Neiman Marcus are not the only U.S. retailers whose networks were breached over the holiday shopping season last year, according to sources familiar with attacks on other merchants that have yet to be publicly disclosed.

Smaller breaches on at least three other well-known U.S. retailers took place and were conducted using similar techniques as the one on Target, according to the people familiar with the attacks. Those breaches have yet to come to light. Also, similar breaches may have occurred earlier last year.

The sources said that they involved retailers with outlets in malls, but declined to elaborate. They also said that while they suspect the perpetrators may be the same as those who launched the Target attack, they cannot be sure because they are still trying to find the culprits behind all of the security breaches.

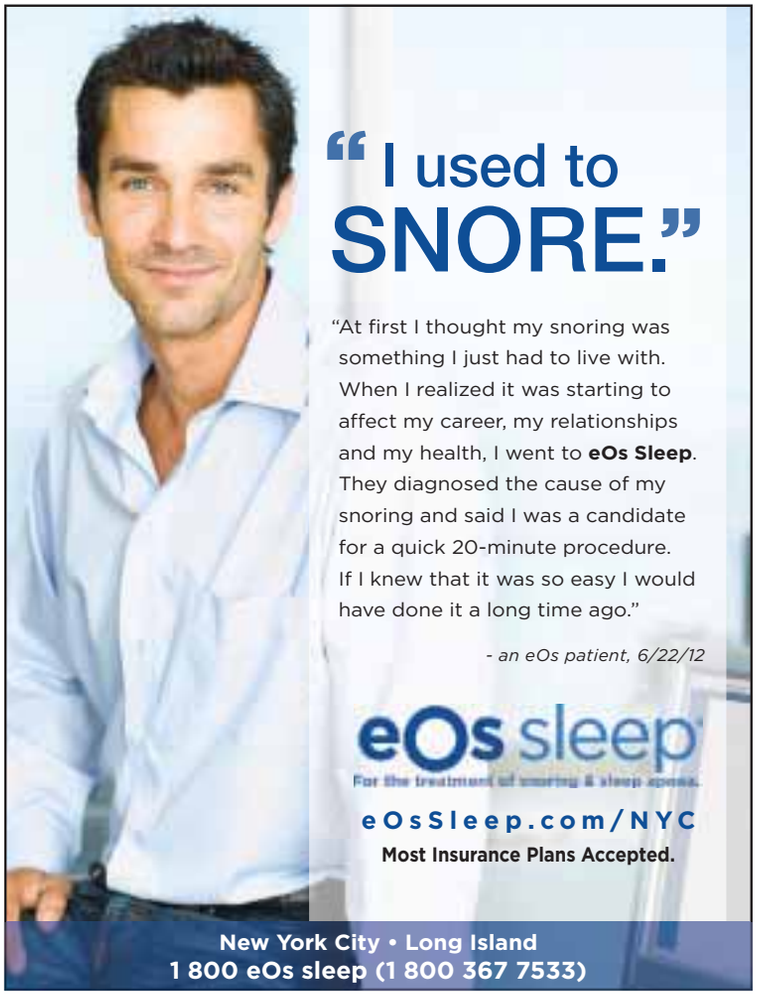
Only one well-known retailer, Neiman Marcus, has said that they too have been victim of a cyber attack since Target's Dec. 19 disclosure that some 40 million payment card numbers had been stolen in a cyber attack. On Friday, Target said the data breach was worse than initially thought.

An investigation found that hackers stole the personal information of at least 70 million customers, including names, mailing addresses, telephone numbers and email addresses. Neiman Marcus said it was not sure if the breach was related to the Target incident. **REUTERS**

Scraping by

One of the pieces of malware they used was something known as a RAM scraper, or memory-parsing software.

- It enables cyber criminals to grab encrypted data by capturing it when it travels through the live memory of a computer, where it appears in plain text, the sources said.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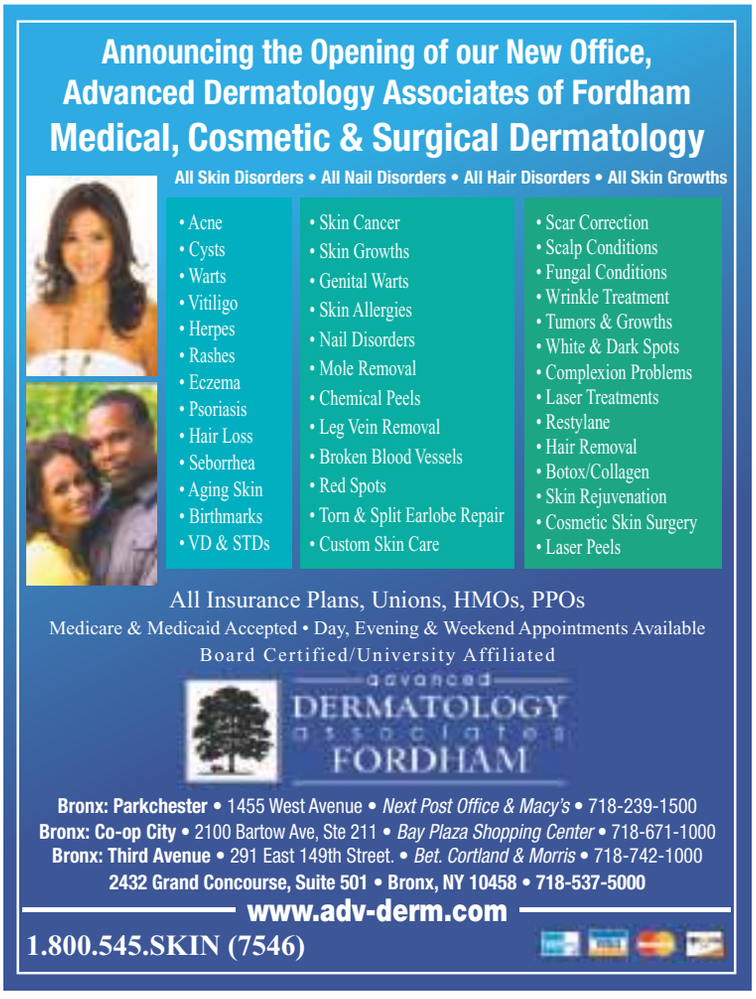
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Plan. Obama says US to give 'modest relief' on Iran sanctions

President Barack Obama said the United States and other nations would begin to give Iran "modest relief" on economic sanctions as long as Iran lives up to its end of an agreement reached on Sunday to start implementing a nuclear deal.

Obama's statement came as six world powers and Iran agreed on a six-month plan that would curb Tehran's most sensitive nuclear activities in exchange for some relief from oil and other economic sanctions while the parties negotiate a broader settlement on the scope of Iran's nuclear program.

Obama said the deal was the "first time in a decade" Iran had agreed to halt progress on its nuclear program. REUTERS

Power play

Nuke deal to take effect Jan. 20

A deal between Iran and six major powers intended to pave the way to a solution to a long standoff over Tehran's nuclear ambitions will come into force on Jan. 20, the Iranian Foreign Ministry and the European Union said on Sunday.

Shortly after the interim accord takes effect, an Iranian official added, Tehran and world powers will start negotiating a final settlement of their differences about activity the West suspects is aimed at obtaining a nuclear weapons capability. REUTERS

Obamacare may fall ill if young people don't sign up

Health care experts say many young healthy people may sign up only at the end of enrollment on March 31 to avoid paying the law's penalty for not having health insurance. / GETTY IMAGES

Age. Insurers can charge up to three times more for a 64-year-old than a 24-year-old.

Now that more than 2 million people have signed up for private insurance plans created by President Barack Obama's health care law, a crucial next check-up for the new marketplace will be to see how old customers are.

Early data from a handful of state exchanges shows the administration needs more young adults to sign up in the next three months to help offset costs from older enrollees and prevent insurers from raising their rates.

Critics of Obama's Affordable Care Act say the market won't attract enough young people to keep it financially viable, putting more pressure on government funds to compensate for any insurer losses.

Data from seven states and the District of Columbia, which are running their own marketplaces, show that of more than 200,000 enrollees, nearly 22 percent are 18 to 34 years old, according to a Reuters analysis.

"The whole insurance relationship is counting on them signing up," said Dale Yamamoto, an independent health care actuarial consultant. REUTERS

Age group

18-35

The administration had hoped that more than 38 percent of all enrollees in 2014 would be 18 to 35 years old, based on a Congressional Budget Office estimate that 7 million people would sign up by the end of March.

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- I have painful calluses on the ball of my foot which keep building up.
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- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
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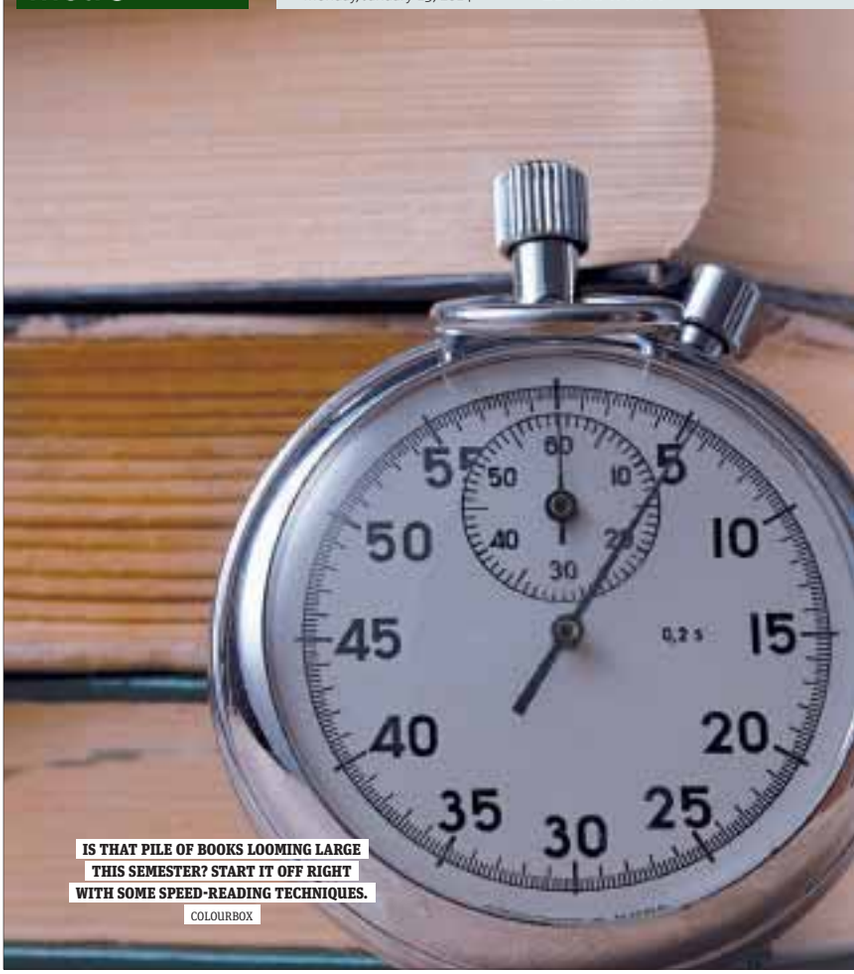

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Important Safety Information

Your doctor is your best source for information on the risks and benefits of the AMS 800™ Urinary Control System. Talk to your doctor for a complete listing of risks, warnings and important safety information. The following information is a summary of important safety information and risks for the AMS 800™ Urinary Control System. Contact your doctor if you have any questions. The AMS 800™ Urinary Control System is intended for use in the treatment of male urinary incontinence following prostate cancer. This device is not for patients who are determined by their doctor to be poor surgical candidates, have permanent blockage of the lower urinary tract or who have uncontrollable contraction of the bladder. Some AMS 800™ Urinary Control devices may contain an antibiotic (InhibiZone™). The device may not be suited for patients who are allergic to the antibiotics contained within the device (rifampin, minocycline or other tetracycline's). Talk to your doctor if you have or believe you have an allergy to one of the antibiotics contained in the device. Patients with urinary tract infections, diabetes, spinal cord injuries, or skin infections may have an increased risk of infection. Contact your doctor if you notice any of the following: fever, swelling near the incision, redness or swelling near the incision, or any other signs of infection; if the surgical area does not heal; prolonged pain or discomfort; if the device can be seen or felt outside of the skin; return of urine leakage; or if the device is not working correctly. Your doctor is the best source for getting more information on the AMS 800™ Urinary Control System. Your doctor is most familiar with your medical situation and can work with you to make sure you get the best possible results from the AMS 800™ Urinary Control System. Contact your doctor if you have questions or would like to receive additional information. The device can only be used when prescribed by a physician.

1 Tewari AK, Bigelow K, Rao S, et al. Anatomical restoration technique of continence mechanism and preservation of puboprostatic collar: a novel modification to achieve early continence in men undergoing robotic prostatectomy. Adult Urol. 2007;69:726-731.
2 Haab F, Trockman B, Zimmern P, Leach G, Quality of life and continence assessment of the artificial urinary sphincter in men with a minimum of 3.5 years of follow up. J Urol. 1997;158(2):435-443.
3 Van der Aa F, Drake M, Kasyan G, Petrolekas A, Cornu J. The artificial urinary sphincter after a quarter of a century: a critical, systematic review of its use in male non-neurogenic incontinence. Eur urol. 2013; 63: 681-689.
4 S. E. Litwiller, K. B. Kim, P. D. Fone, R. W. White, and A. R. Stone, "Post-prostatectomy incontinence and the artificial urinary sphincter: a long-term study of patient satisfaction and criteria for success," Journal of Urology, vol. 156, no. 6, pp. 1975–1980, 1996.

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Speed-read your way to a better semester

Zoom. Use this expert advice to get through that pile of books before you even know it.

So many books, so little time: As reading assignments start pouring on this semester, you may quickly recognize the necessity for plowing through them at lightning speed.

Paul Nowak, founder of speed-reading training company Iris Reading, helps people ramp up their reading so they have time to do all the other things they want to do. "If a college student spends 40 hours a week reading, just doubling their speed frees up an extra 20 hours of time. That translates into an extra 1,040 hours a year — 43 whole days," he says. Whether you choose to sleep, spend time with friends or binge-watch shows on Netflix, chances are that getting on the reading fast track will make you feel more liberated and help you become a more efficient student overall.

There are several ways to effectively plow through textbooks while absorbing the information. "Use your finger or a pen to guide your eyes while reading," he advises. This improves focus, reading speed and concentration, Nowak says, "because your eyes are naturally attracted to motion."

You can time yourself to figure out how long it takes you to read one page of a book. Nowak mentions the average reading speed for a medium-level text is 150 to 250 words per minute. If it's a technical textbook (hello, physics and math), anything above 300 words per minute is considered superfast. You'll gradually get faster and faster by turning it into a game to beat your former time.

If you have a huge assignment, Nowak recommends strategically factoring in breaks to review notes. Read for 25 minutes, then take a five-minute break. "Research in neuroscience shows that our brain has trouble focusing on a single task for more than 25 minutes," he explains. Our brains need rest to absorb information.

In addition, a "preview" will help you grasp the most important points. Read the introduction and conclusion, and then the headings and first sentences of paragraphs. "This distills the most crucial information from the lengthy text. Now that you know what to expect, you'll be able to read faster with better comprehension."

If you're reading Shakespeare or any other non-textbook, you might resist the preview method for the sake of spoilers. But Nowak says previewing fiction may actually boost your enjoyment by helping you read more swiftly and remember more.

Quoted

"If a college student spends 40 hours a week reading, just doubling their speed frees up an extra 20 hours of time. That translates into an extra 1,040 hours a year — 43 whole days." Nowak

More tips

Pointers to boost your reading and retention:

1 Use a free online tool. If you're reading on the computer screen, use a free speed-reading tool like AccelaReader.com, which helps you read faster by blinking words on the screen at a speed that you set. This application utilizes a technology called Rapid Serial Visual Presentation and has been shown to increase reading speed.

2 Take notes. If you want to remember something for the long run, take notes while reading. Note-taking has been shown to improve reading retention. A good balance would be to follow the 80/20 rule. Spend 80 percent of your time reading and no more than 20 percent of your time taking notes if you want to improve your retention.

VICKI SALEMI
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DUMP THE FIVE-PARAGRAPH ESSAY

I am here today to liberate you. From what? From the tyranny of the five-paragraph essay that reigns over most high school careers. Sometimes it's called the 3.8-paragraph essay, but whatever the formulaic essay format that became the default for any "formal" writing you did for school, it's over. Now that you are in college, five paragraphs are no longer necessary, or even practical, for the kinds of writing you will need to do.

This isn't to say that organization and structure, thesis statements and conclusions, evidence and research are no longer relevant. But it means that college writing gives you the opportunity to go further and deeper into a subject than was ever allowed in the rigid confines of five paragraphs.

At the end of the day, what professors are looking for throughout your college education is to see students begin to think deeply and differently about a given subject or topic. They want you to ask hard questions and find your own way to try and answer them.

Your professors want to see you break through the boundaries of the five-paragraph essay. / COLOURBOX

In high school, you were often called upon to give reports: book reports, lab reports, history reports and so forth. You did some research (also known as Google), and then dutifully copied these pieces of information and facts into a document or a PowerPoint to be repeated back to the teacher and the class. In college, that is only the beginning.

Take, for example, a high school essay on World War II: A five-paragraph report would dutifully record the important dates, the major reasons behind the war, explain the U.S. involvement and generally explain how the war ended. A college essay requires that you go deeper. You have to answer more than the simple facts and dig into deeper historical questions and back them up by solid research.

As a professor, I would want to see you answer questions like why the U.S. only got involved after Pearl Harbor, rather than before, and examine the conditions in Europe leading up to Hitler's reign. You have more room than five paragraphs, so I want to see the research that led you to the conclusions you present. Asking questions and digging deeper means more than five paragraphs.

Ask a professor

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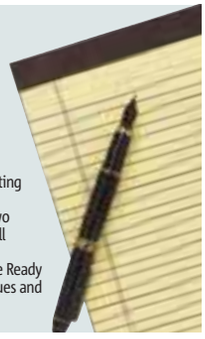
READYWRITING



Dr. Lee Skallerup Bessette is an English and writing instructor who has been teaching at colleges for almost 15 years, in three different states, two countries and two languages. She has seen it all and heard it all. You can follow her on Twitter, @readywriting, and check out her blog, College Ready Writing, where she talks about the broader issues and challenges facing higher education today.

Things to think about when writing

Absorb

While you're reading, either take notes or highlight important parts of the texts you're researching so that when you sit down to write, you have a guide.

Synthesize

When using your notes to write, make sure you're presenting ideas you put together yourself. Show your professor that you are thinking deeply about the topics and coming up with new ideas from your research.

Structure

Sure, you're going over five paragraphs, but structuring your essay will make your writing more engaging and easier to read. METRO

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Find references to last all career long

Be nice. Just because you're a student doesn't mean that you can't keep career references in mind.

During your studies and the early stages of your work life, it's important to develop the kinds of relationships that can turn into a solid list of references. Your part-time employer, a favorite professor, a career counselor or a peer whom you worked with on a big project are all examples of people who can become professional connections in the future. Maintaining your relationships with those who know and respect you now may help you down the road when starting your career search.

The relationships you create in school can be the bonds that help you get ahead further down the line. / GETTY IMAGES

How to do it

Ask as you go: One of the easiest ways to build your references is to treat the connection process as an ongoing activity. This will help you avoid scrambling to remember all the important contacts later on. Ask potential references if they would be willing to write you a reference letter once your work with them is complete.

Keep it brief: Asking for a reference shouldn't be a long-winded speech. Explain why you'd like their reference and see if they're willing. Keep it short and let them guide the conversation. **MEGHAN GREAVES**

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Don't wait

Why it's important to start now

Gives you credibility: Potential employers want to know that they're investing in someone who will stick it out. Having references makes you more credible.

Supports your résumé: Anyone can make claims on a résumé. While you can't have a reference for every single item, having a variety of references for different skills makes your résumé more substantial.

Shows initiative: The job market for students is competitive. Employers have a large selection of applicants to choose from during the hiring process. When you're trying to get your foot in the door, a well-rounded list of references will help overcome a lack of specific experience or a less-developed skill set.

The New Muslims Program

The New Muslims Program is a three month program designed to help new Muslim converts learn the basics of Islamic faith. Students will learn the absolute essentials of how to practice the five pillars of Islam, and receive guidance and support while making Islam part of their daily lives.

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2 CULTURE

Love and marriage (and divorce)

Ah, weekends. The perfect time to relax, sleep in and grab brunch. Or, if you're a celebrity, get married or divorced. Here's this weekend's notable unions and dissolutions.

First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to the toddler Luca, of whom they'll have joint custody.

It certainly looks like an amicable split with Duff tweeting, "Mike and I are sitting here, we are so appreciative for all of your kindness & well wishes." She continued, "Not an easy day but we're getting thru it together."

Meanwhile, Pamela Anderson and pop culture footnote Rick Salomon (he's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Anderson disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were married for 10 weeks in 2007.

Someone else you need to send a wedding present to? Whitney Houston's daughter, Bobbi Kristina Brown, apparently married her "adopted" brother Nick Gordon last week, according to TMZ.com. Although the two claim that Cissy Houston OK'd the marriage, TMZ reports that's a lie and that Grandma Houston is none too pleased about the union. And really, how can you be?

Hilary Duff and Mike Comrie walk with their son Luca in November of last year in Los Angeles. / ALL PHOTOS GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Alec Baldwin feels pretty strongly about his rules, Jaden Smith feels like doing some traveling, Louis Tomlinson is a man of simple pleasures and Joan Rivers is glad to be back.

@ABFoundation: Abuse of political power is unforgivable.

@officialjaden: I'm Slowly Realizing I Need To Make A Trip Out To Norway

@Louis_Tomlinson: Must admit I'm loving celeb big brother !

@Joan_Rivers: Heading back to NYC from L.A. Everything is so fake and plastic in L.A. - you'd think I'd fit right in, but I'm excited to be going home!

Serving up some serious side-eye

Katherine Heigl (remember her?) and husband Josh Kelley hold up their daughter, Nancy Leigh "Naleigh" Kelley, while she throws some serious side-eye at the premiere of "The Nut Job" on Saturday in Los Angeles, Calif.

Talking points

Bynes is back in school

Amanda Bynes is going back to school — or at least it seems she was planning to. The troubled former child star reportedly enrolled for classes at the Orange County campus of the Fashion Institute of Design and Merchandising that began last week, though she was apparently a no-show on the first day, according to E!. Bynes had made it clear via her lawyer that once she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion, and she toured the FIDM campus in early December.

Thompson and Bullock admit their love

Emma Thompson knows who would be the first to sign up to play her love interest if she ever decided to do a lesbian role. "I met [Sandra] Bullock at an awards thing a couple years ago, and she said to me, 'If I were gay, you'd be the one,'" Thompson tells The Advocate. "I said, 'I'm there!'" Coincidentally, Thompson might have something for Bullock after all. "I am writing a screenplay, set in London, about a lesbian who was born in Darwin, Australia. It's about suicide, really," Thompson reveals.

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1 New couple **Charlize Theron** and **Sean Penn** appeared together for the first time in public at the third annual Sean Penn & Friends Help Haiti Home Gala on Saturday in Beverly Hills.

2 **Aaron Paul** attended the BAFTA LA Awards Season Tea Party in Beverly Hills on Saturday.

3 **Amber Heard** and **Johnny Depp** attended The Art of Elysium's seventh annual HEAVEN Gala on Saturday in Los Angeles.

4 **Benedict Cumberbatch** posed next to a Jaguar (complete with a Union Jack detailing) at the BAFTA Tea Party on Saturday in Beverly Hills.

5 Honorary host **Angela Bassett** chatted with **Michael B. Jordan** at the 2014 Film Independent Spirit Awards Nominee Brunch on Saturday in West Hollywood. **GETTY IMAGES**

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Beautiful mess we'd hoped for

Awards. Tina Fey and Amy Poehler killed it as the hosts of the 2014 Golden Globes.

Let's be honest: Tina Fey and Amy Poehler could walk onstage and fart into the mic and everyone would be pressing toward the stage to get a whiff. So it's no big surprise that they had the audience eating out of their hands last night. These ladies give good joke.

"Welcome to the 71st annual Tina Fey and Amy Poehler Lee Daniels' The Butler Golden Globes," Fey opened, while Poehler took a moment to thank the "women and gay men watching at home."

One target for the night was Tom Hanks, who Poehler called out as "Tam Honks." "Damn, I knew I would mess that up!" she muttered, as the camera shot to Hanks, who agreeably mugged annoyance. Everyone is agreeable at the Globes, because everyone is drunk. We'd like to think that includes Tam Honks. Ahem, Tom Hanks. We are drunk for the Globes, too.

Nobody was safe from the comedy barbs that fell from the mouths of these babes: "George Clooney would rather float away into space and die than spend one more minute with a woman his age," Fey quipped. (P. Diddy and Bryan Cranston liked this.)

See more at www.metro.us

"If I wanted to see Jonah Hill masturbate at a pool party, I'd go to one of Jonah Hill's pool parties," Poehler said in regard to "The Wolf of Wall Street." That wasn't the only penis joke. Poehler informed the crowd that Hanks was presently wearing a prosthetic penis.

Finally, Poehler shouted out her alma mater, quipping, "'Masters of Sex' ... is the degree I got from Boston College" and high-fived Fey, who countered with the only joke that fell flat, saying, "'The Blacklist' is who is invited to my room later." It was the only awkward moment in a monologue that proved why these ladies booked a multi-year gig. They're the best.

Speaking of best, that's just what was honored, though there were a few big upsets. Jon Voight beat out Aaron Paul for Best Supporting Actor in a TV Series, Miniseries or TV Movie for Showtime's "Ray Donovan," while Amy Adams dethroned Hollywood's reigning queen Meryl Streep, taking home Best Actress in a Motion Picture, Drama, Comedy or Musical for "American Hustle." "Hustle" also gave Jennifer Lawrence an emotional win for Best Supporting Actress. The stirring "12 Years a Slave" almost went completely overlooked — finally having its well-deserved moment at the very end, winning for Best Picture, Drama.

In TV, "Behind the Candelabra" dominated, while Andy Samberg had a surprising win for "Brooklyn Nine-Nine" — which also took best TV Series, Comedy.

Other highs included Diane Keaton singing "Make New Friends" as an ode to Woody Allen and Poehler celebrating her win for Best Actress for "Parks and Recreation" by making out with Bono. Well, it was just that kind of night.

Tina Fey and Amy Poehler might be the best hosting duo ever.
GETTY IMAGES

ALEXANDRA CAVALLO
alexandra.cavallo@metro.us

A few of the night's big winners in film

- **Best Picture, Drama:** "12 Years a Slave"
- **Best Picture, Comedy or Musical:** "American Hustle"
- **Best Director, Motion Picture:** Alfonso Cuaron, "Gravity"
- **Best Screenplay:** Spike Jonze, "Her"
- **Best Actor, Drama:** Matthew McConaughey, "Dallas Buyers Club"
- **Best Actress, Drama:** Cate Blanchett, "Blue Jasmine"
- **Best Actress in a Musical or Comedy:** Amy Adams, "American Hustle"
- **Best Actor in a Musical or Comedy:** Leonardo DiCaprio, "The Wolf of Wall Street"

— For the rest of the night's winners in film and a complete list of the winners in television, visit www.metro.us/entertainment!

The bold and the bare

Gowns straddled the color spectrum last night, from nude to the brightest of hues. **DOROTHY ROBINSON**

1 JESSICA CHASTAIN IN GIVENCHY

2 LUPITA NYONG'O IN RALPH LAUREN

3 CATE BLANCHETT IN ARMANI

7 KERRY WASHINGTON IN BALENCIAGA

4 AMY ADAMS IN VALENTINO COUTURE

5 ROBIN WRIGHT IN REEM ACRA

8 LENA DUNHAM IN ZAC POSEN

6 JULIA LOUIS-DREYFUS IN NARCISO RODRIGUEZ

ALL PHOTOS GETTY IMAGES

Here's to America!

Box office. Soldiers conquered the competition with the SEAL-based "Lone Survivor."

Mark Wahlberg recuperates in the soldier saga "Lone Survivor." / UNIVERSAL PICTURES

"Lone Survivor," the true story of a failed U.S. Navy SEALs mission to capture or kill a Taliban leader in Afghanistan, collected $38.5 million in U.S. and Canadian ticket sales, topping movie "Frozen" to win the weekend box office race.

The film stars Mark Wahlberg as Marcus Luttrell, the only one of four SEALS to return from the mission and author of the 2007 book on which the movie is based.

The heavily marketed film far exceeded industry projections of about $23 million in domestic sales. It was the second biggest January opening weekend ever, behind only "Cloverfield," which made $40 million, according to Rentrak.

Decent reviews along with what Nikki Rocco, Universal Pictures president for domestic distribution, called "a grassroots campaign to tell Americans that this is a story of patriotism and heroism, and you're going to want to be a part of the water cooler conversation about it on Monday," sent its box office sales soaring.

"Frozen," a Walt Disney animated film, was second with ticket sales of $15.1 million from Friday through Sunday.

"The Wolf of Wall Street," a tale of greed starring Leonardo DiCaprio, was third with $9 million, while this week's other new major release, "The Legend of Hercules," starring Kellan Lutz, was just behind, selling $8.6 million in tickets.

"Hercules" was tied for fourth place with "American Hustle," an awards-season favorite directed by David O. Russell and starring Jennifer Lawrence and Bradley Cooper. REUTERS

Top 5 earners

1. **'Lone Survivor,'** $38.5 million
2. **'Frozen,'** $15.1 million
3. **'The Wolf of Wall Street,'** $9 million
4. **'The Legend of Hercules,'** $8.6 million
4. **'American Hustle,'** $8.6 million

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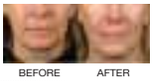

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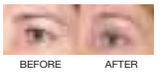

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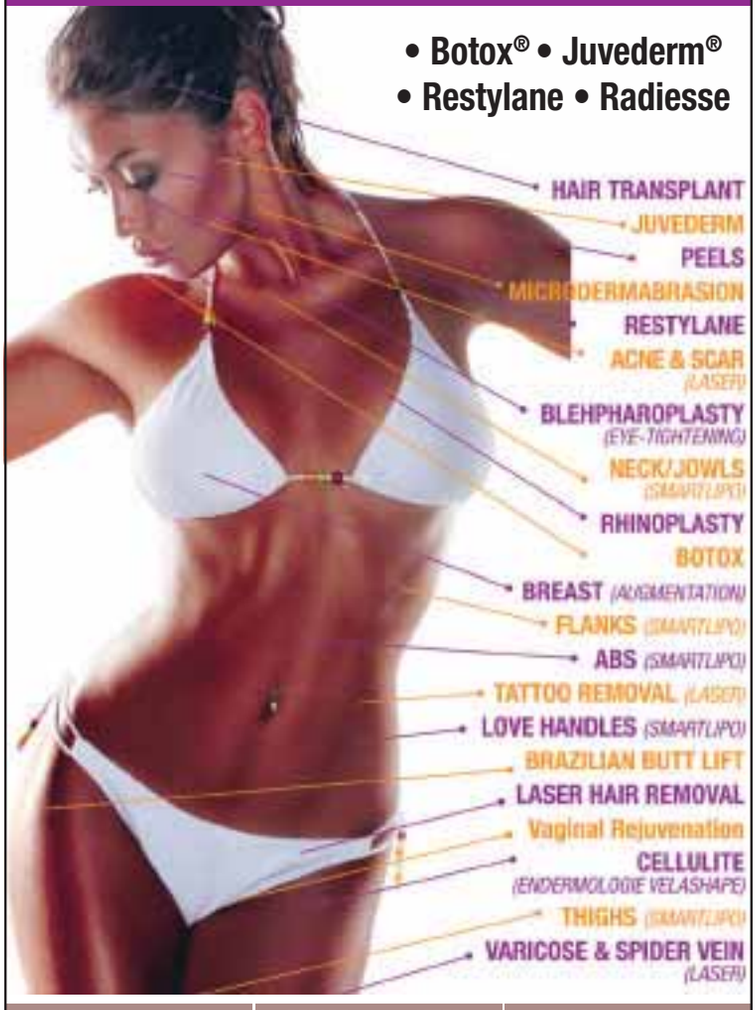

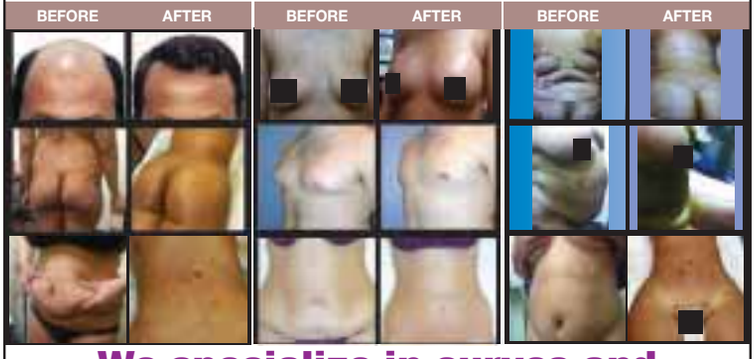

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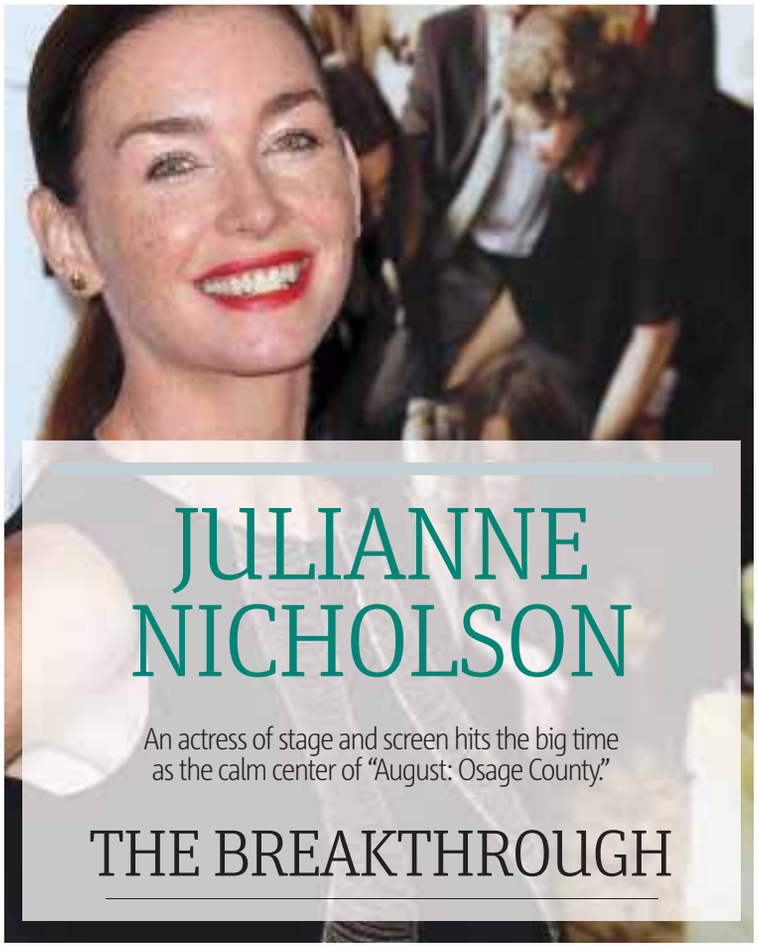

JULIANNE NICHOLSON

An actress of stage and screen hits the big time as the calm center of "August: Osage County."

THE BREAKTHROUGH

Was she intimidated doing a film on this scale?: "Yes. The first hurdle was getting the job. I just didn't think about [the cast]. Then I got the job and I felt great. I felt like I intrinsically knew who Ivy was."

On doing a play on film: "I didn't look at it as a play. I had seen the play and I had loved it. But enough time had passed that I didn't remember any specifics. It wasn't like I had to re-create anything."

On doing a play on film by a TV director: "John [Wells'] strength is with ensembles. He has a history of doing that with 'ER' and 'Shameless' and 'The Company Men.' He has a real knack for bringing the right people together to get the best out of them."

On shooting the big set piece — a 19-page dinner scene — over four days: "[Wells] broke it up into three sections, six or seven pages for each part. We rehearsed the whole thing through at Meryl [Streep's] house. We all sat around the table and ate dinner while we rehearsed the lines and got the rhythm of it, discovered beats. When shooting it, it didn't feel choppy. It felt like everyone knew their lines. We probably could have done it straight through every time."

On it feeling like a play: "Early on, it felt like the beginning days of a play, when you're sitting around talking, before you put it on its feet. You're sharing stories and exploring ideas and asking questions. It was being together, getting to know each other, picking up each other's mannerisms, creating a feel of history so that when you start filming you already know each other, rather than showing up on the first day and acting like someone's your sister."

MATT PRIGGE
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Get to know...

Julianne Nicholson

Where you've seen her: The films "Kinsey," "Flannel Pajamas" and "Brief Interviews with Hideous Men" and shows "Law & Order: Criminal Intent," "Boardwalk Empire" and "Masters of Sex"

Her big break: Playing Ivy, the calm center of the storm in the new film adaptation of "August: Osage County," Tracy Letts' Pulitzer-winning play, which also stars Meryl Streep

Different strokes

Television vs. film vs. theater

"They're each so different. I love being able to do them all. In theater I love the rehearsal process and really getting the role in your body. Film is exciting because you get the whole piece: You know the whole arc of your character. You know the beginning, middle and end. In television I like that you don't know what's coming next."

‘THIEF’ WEDS ’70S MISERY TO ’80S STYLE

Also out

‘The Spectacular Now’

It’s basically the “She’s All That” setup: Popular high schooler (Miles Teller) decides to use a quietly pretty wallflower (Shailene Woodley) for his own purposes. But this indie goes to actually truthful places.

‘Sunrise’

Unaccountably hard to find for a long time, the Hollywood debut of German Expressionist F.W. Murnau (“Nosferatu”) split the first Best Picture Oscar with “Wings” and is one of the crowning achievements of the silent or any era.

‘Riddick’

Vin Diesel’s attempt to resurrect a character who’d overstayed his welcome in the monstrous “The Chronicles of Riddick” finds him returning to the stripped-down faux-B-movie chatter of “Pitch Black.”

James Caan plays a blue-collar criminal out for one last score in Michael Mann’s “Thief.” / THE CRITERION COLLECTION

‘Thief’

The Criterion Collection
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The 1981 thriller “Thief” came at a peculiar time. The ’70s Hollywood style of feel-bad character studies — some of which featured the film’s star, James Caan — had come to an end. MTV was about to premiere, ushering in an era of pure, music-driven looks. “Thief” straddles both periods. It’s a gritty, grimy downer that also features long stretches that groove to the score by Tangerine Dream, where the film suddenly looks and feels like a particularly hypnotic music video.

Caan’s Frank, like many criminals before him, is out for that one last score. Hoping to settle down, he recklessly joins up with a local mob boss (Robert Prosky). This goes about as well as expected, but the devil, as ever, is in the details. The feature film debut of Michael Mann (“Heat,” “Miami Vice”), “Thief” establishes his obsession with people being their jobs. Frank wants out, but the film’s title is a prison that will forever contain him.

DISC JOCKEY
MATT PRIGGE
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Serve the servants

‘Lee Daniels’ The Butler’

What otherwise might have been a stodgy history lesson gets loosened up, thanks to director Lee Daniels — an eccentric filmmaker who doesn’t shy away from black power and devotes excess time to dancing-drunk Oprah.

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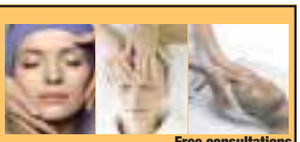

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Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published next spring. Email Kim your questions at askkim@metro.us.

ACHIEVING YOUR GOALS IN 2014

I'm always setting daily goals and getting down on myself when I don't achieve all of them. Any advice?

Find the schedule that works best for you. / FUSE

Just this past week, a bright, young recent law school graduate presented me with a similar problem. The young man explained to me that he is constantly making daily schedules and beating himself up when he doesn't stick to them. When I encouraged him to cut himself a little slack, he replied, "If I were a robot, I would be able to meet my goals."

"Perhaps," I replied. "But you're not a robot."

One of the common mistakes people make when setting goals, especially if they involve schedules, is that they base them on an external benchmark without accounting for their personal styles. Good goal-setting is an inside-out, not an outside-in, job. If you set your goals and schedules according to what works for other people, without being honest about how and when you work best, you may find yourself continually frustrated and disappointed.

Whether we realize it or not, we all have individual rhythms and preferences that guide our actions. For example, I'm not much of a morning person, and I usually get my wind around 2 p.m. My best friend, on the other hand, is usually at the gym by 7 a.m. If, in creating my own workout goals, I based them on what works for her, I would be setting myself up for frustration and disappointment. Instead, I go in the late afternoon or early evening.

The Myers-Briggs Type Indicator categorizes personality types across four different dimensions: Extraversion or Introversion; Intuition or Sensing; Feeling or Thinking; and Judging or Perceiving. The dimension that most governs how you structure your day (or don't) is the latter one. Judgers (which, contrary to how it sounds, has nothing to do with being judgmental) like to have their ducks in a row. They like structure and keeping to schedules. Perceivers (who aren't necessarily any more perceptive than the Judgers) prefer a more flexible approach to life — they go with the flow, so to speak. Neither judging nor perceiving is considered a more legitimate approach to life — both are equally valid. They just have different inclinations.

If you are a Perceiving type, may I suggest you set weekly goals instead of daily ones. That will give you focus, while offering you more flexibility to get things done in your own way, in your own time. You might also think about when, during the day, you tend to have the most energy, and plan your schedule accordingly.

If you're anything like me, there's a method to your madness. You just need to figure it out and be gentle with yourself.

— This column is not intended to be a substitute for a private consultation with a mental health professional, nor is this therapist liable for any actions taken as a result of this column. If you have concerns related to this column, make an appointment with a licensed mental health professional. Metro does not endorse the opinions of the author.

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The diet you didn't know you were on

Health. If you're focused on eating right, your diet might already be anti-inflammatory.

Why try the anti-inflammation diet? Because not only can it pay off big — helping you maintain a healthy weight and prevent chronic diseases such as diabetes, heart disease and some cancers — it's as easy as the pie you're still allowed to eat while following it.

Many processed foods, such as white bread and rice, are harder for the body to digest than whole foods, so they trigger an inflammatory response.

"When the body needs to get rid ingredients that are difficult to digest, its cells are being overworked," says Marjorie Nolan Cohn, MS, RD, CDN, ACSM-HFS, author of "Belly Fat Fix" and spokesperson for the Academy of Nutrition and Dietetics. "On a cellular level, we're giving off byproducts that aren't natural, so the body has to work harder to figure out what to do with them."

This can restrict oxygen and blood flow, Nolan Cohn says. Over time, that can lead to chronic inflammation, which is associated with the development of hypertension, diabetes and other health problems.

"We're not sure exactly why, but we do know that being in an inflammatory state is unhealthy," says Joan Salge Blake, MS, RDN, LDN, clinical associate professor at Boston University and Academy of Nutrition and Dietetics spokesperson. "Eating foods that reduce the inflammatory response in the body and get your weight under control help keep blood pressure and blood glucose in check, cutting your risk of disease."

Experts say that instead of maxing out on trendy "superfoods," the easiest way to eat to beat inflammation is to keep meals colorful and varied.

A diet heavy on fruits and vegetables — plus oily fish, whole grains and herbs and spices — can ward off disease. But you already knew that, right? / STOCKBYTE

"A person's overall diet is really the key to optimizing health and slashing disease risk," explains Cynthia Sass, RD, MPH, author of "S.A.S.S! Yourself Slim: Conquer Cravings, Drop Pounds and Lose Inches." "While there are some foods that have phenomenal research behind them in terms of health benefits, variety is key, because vitamins, minerals, antioxidants and phytochemicals vary from food to food. So eating a wide range of veggies, fruits, whole grains, nuts, beans, lentils, herbs and spices provides a broad spectrum of protection you won't benefit from if you eat the same few superfoods over and over."

When preparing vitamin-rich fruits and vegetables — such as dark, leafy greens, bell peppers, blueberries and tomatoes — make sure you don't cook away their anti-inflammatory benefits.

"A good rule of thumb for cooking vegetables is that you want to expose them to the least amount of heat and water for the shortest amount of time you can," says Salge Blake, who recommends microwaving them in a little water or steaming until they're crisp-tender to keep their vitamins and minerals intact.

Of course, there are some "Don'ts" for the anti-inflammatory diet: Try to reduce your consumption of fatty animal products, such as meat and dairy, Nolan Chon says.

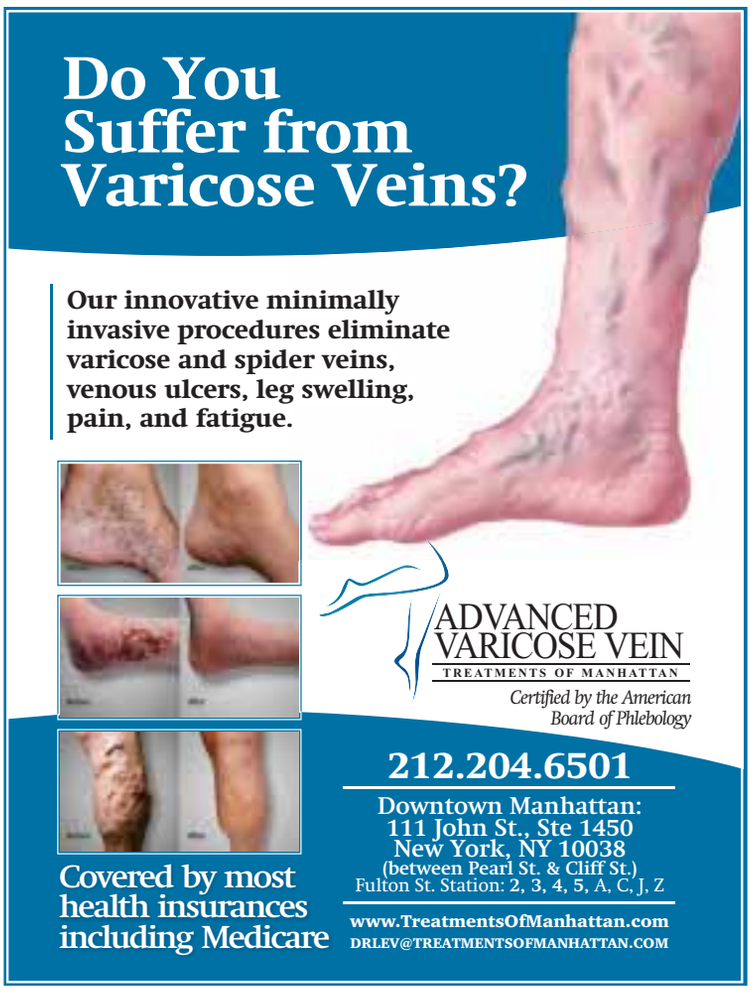
But remember, "everything doesn't have to be perfect," Salge Blake says. "If the bulk of your diet is healthy and you're at a healthy weight, of course you can have a dessert now and then. There's room for little extras in small amounts."

The basics

What are the details of this diet?

The anti-inflammation diet is similar to U.S. Department of Agriculture recommendations and the oft-recommended Mediterranean and "heart-healthy" ways of eating: In addition to a wide variety of fresh fruits and vegetables, eat whole grains, lean protein, beans and legumes, fatty fish such as salmon and olive oil, as well as herbs and spices such as turmeric, garlic and ginger, which research suggests have anti-cancer properties. Green tea is also thought to contain cancer-fighting phytochemicals.

VIRGINIA PELLEY
letters@metro.us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A low-stress 2014

If you're looking for some calm in the new year, these books promise to help. **MAJA LUNDAGER**

'The 10-Step Stress Solution'

Neil Shah's book focuses on basic tools we forget in our day-to-day life.

Our favorite tip: Breathe for relief.

1 "Stand or sit in a relaxed position with your spine erect."

2 "Inhale slowly through your nose to the count of five. Imagine a ball or balloon in your belly inflating. Hold for 5-10 seconds."

3 "Count slowly to eight as you exhale. Repeat several times."

'Buddha's Book of Stress Reduction'

Dharma pro Joseph Emet provides 15 meditation exercises.

Our favorite tip: Recognize what's in your control.

"Put two wastepaper baskets in front of you. Label one 'In My Control' and the other 'Out Of My Control.' Put every thought that occurs to you in one of the baskets. For example, the ultimate outcome of a health condition may go in the OUT basket; worrying about it can go in the IN basket. You may discover that you have other options besides worrying."

'The Mayo Clinic Guide to Stress-Free Living'

Through chapters such as "Why Your Mind Wanders," Dr. Amit Sood walks you through what's happening in your body when you're under the gun. And of course, he also comes with strategies against stress.

Our favorite tip: Forgive.

"Focus on yourself. You forgive because you wish to heal, end your pain and disempower the person who hurt you. You forgive because you love yourself."

Looking ahead

'Miracles Now'

'108 Life-Changing Tools for Less Stress, More Flow, and Finding Your True Purpose'

In April, look for Metro columnist Gabrielle Bernstein's newest. In it, she gives tips on overcoming 108 negative emotions. Her tips are based on spiritual teachings, such as No. 46, below.

Our favorite tip: Measure your success in terms of fun you have.

"It's your job to find the joy in the most joyless scenarios. To apply this principle in your own life, begin by making a commitment. Post this affirmation on your desk, mirror, car dashboard or wherever you can see it often: 'I measure my success by how much fun I'm having.' For the next 40 days, begin the day with this affirmation. Make the conscious commitment to choose joy upon waking."

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NEW in the new year

All you. Some attitude changes and refreshing perspectives can make this the year your job search takes off.

NEW YEAR, NEW JOB

Start the new year with renewed dedication to landing the job you've always wanted. / COLOURBOX

Presents have been opened, Santa has come and gone and all that remains from your holiday baking is stale gingerbread that no one knows is still any good. The holidays are officially over, which means it's time to put some lessons to work in your job search.

The new year is the perfect time for some classic "out with the old, in with the new" thinking, so reflect upon your seasonal cheer and use it to move forward in landing your dream job.

Embrace your inner snowflake

As the saying goes, no two snowflakes are alike — and the same should go for you. Managers and recruiters interview hundreds of people a month. They've heard the typical rehearsed answers time and time again. What they're looking for is something different — that something that makes you unique and sets you apart from the rest of the pile of résumés.

That's not to say don't prepare, but let your personality shine through when you attend an interview. Being unique will help you stand out.

Get over it

The end of the holidays is always a sad time. Nothing pains the heart more than seeing those bows shoved back in the ribbon drawer and the tree stuffed sadly in the attic for another year.

But it's over. You enjoyed it, now move on. Don't let yourself sit longingly in front of the TV, hopelessly waiting for "Home Alone" to come back on. Instead, pick up that laptop and finish that résumé. Research job openings. Get connected with various contacts who might know of potential employment opportunities. Ask yourself: Where do you want to be at this time next year? **LEAH RUEHLICKE**

Makeover magic

Make a fresh start

Pull yourself together when handing out résumés or going on interviews. No one's going to hire the tired-eyed youngster with dishevelled hair. Taking the time to update your look, get a new haircut and (of course) make sure your résumé is eye-catching will make your job search that much more successful in the new year.

Ask those you trust to give feedback on your résumé and your job-interview look so it's polished and road-tested before you end up in the interview chair. Take the energy of the new year and put it into yourself.

Talentegg.com is a job board and online career resource for college students and recent graduates.
TalentEgg

Ranking. Where do you stand in the list of stressful jobs this year?

Living a stress-free life is the kind of thing a spam email promises (along with a diet in which you can lose 10 pounds in a week or earn money while you sleep). In its annual survey of the most and least stressful jobs, CareerCast.com ranked gigs from soldier to seamstress by their stress levels.

The rankings are based on numbers from the Bureau of Labor Statistics as well as census data, but fall short of direct polling of professionals in the jobs listed. The research showed that frequent travel, strict deadlines, public scrutiny and physical danger make employees reach for the blood pressure meds. It makes sense, then, that soldiers and firemen have some of the most stressful jobs out there (no comment on the fact that "newspaper reporter" is No. 8 on the list).

For the complete list of stressful jobs, head to Metro.us.
THINKSTOCK

It's important to remember that any job could fall into either category depending on how it fits with individual employees. Things like bad management or lack of opportunity can make low morale contagious at the office. Meanwhile, feeling valued in the workplace could make a stressful gig manageable — it's all about perspective. **JULIA FURLAN**

Most stressful

1. Enlisted military personnel, $28,840
2. Military general, $196,300
3. Firefighter, $45,250
4. Airline pilot, $114,200
5. Event coordinator, $45,810

Least stressful

1. Audiologist, $69,720
2. Hair stylist, $22,700
3. Jeweler, $35,350
4. University professor (tenured), $64,290
5. Seamstress/tailor, $26,280

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Horoscope

♑ Capricorn | Dec. 22-Jan 20. Your industrious nature will pay off. Let your personality lead the way and make an impression on those in higher positions.

♒ Aquarius | Jan. 21-Feb 18. Refuse to let anyone stifle your plans or suppress your opinion. Exercise your right to follow whatever path you choose. Speak up.

♓ Pisces | Feb. 19-March 20. Emotions will be difficult to control. Reach out to the people who share your concerns. Now is not the time to deal with false accusations.

♈ Aries | March 21-April 20. Diverse actions will lead you in a new direction. Expand your circle of friends and protect the relationships you have.

♉ Taurus | April 21-May 21. Emphasize what you do. Offer your suggestions carefully by being aware of others' cherished beliefs. Focus on self-improvement.

♊ Gemini | May 22-June 20. You should follow common sense, not your emotions. Unpredictability will not get you closer to your goal. Your inclinations for excess should be reined in.

♋ Cancer | June 21-July 22. Listen before taking action. You will end up in a no-win situation if you are too quick to judge. Focus on love.

♌ Leo | July 23-Aug. 22. Make alterations to the way you present who you are and what you can offer. The impression you make will give you the upper hand in any competition.

♍ Virgo | Aug. 23-Sept. 22. Be aware of the influence you have, and offer constructive suggestions and hands-on help. Your actions will affect how others treat you.

♎ Libra | Sept. 23-Oct. 22. Don't expect talks to occur without a hitch. Controversy can be expected, along with uncertainty and a debate that will require a well-rounded point of view.

♏ Scorpio | Oct. 23-Nov. 21. You need to listen. Protect your health and your wealth. If you make a snap decision, you can expect opposition.

♐ Sagittarius | Nov. 22-Dec. 21. You should make abrupt changes in order to take everyone by surprise and buy time to maneuver.

BERNICE BEDE OSOL

Sudoku: Easy and hard

		5					3	2
	9				5			4
2	8							9
6					1	3	9	
		9	2		6	8		
	3	1	8					5
8							1	3
9			5				7	
7	1					2		

9		5			2			
			5	1		9		4
	6			9			8	
		1	9			6		8
		8				7		
7		9			6	2		
	1			3			5	
3		4		5	1			
			4			3		6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Take away the freedom to exploit

Re: 'Bad economics' (Metro, Jan. 10-12) I totally disagree with Alton Yee construing the Affordable Care Act, minimum wage law and unemployment insurance to mean the taking away of our "economic freedoms." I think most will consider these laws as protections. For some time now, U.S. businesses have driven down our quality of life while collecting record profits. There was a time when most heads of the households were paid a "family wage." Today, if you are able to be paid a "living wage" you're better off than most. If our government does take away any of our freedoms I hope it's the freedom to exploit others. If U.S. businesses sincerely offered fair opportunities and proper compensation for our labor, we would not need the aforementioned programs.

PAUL WEPPRECHT, VIA EMAIL

Bridge scandal is no joke, Christie

If New Jersey Gov. Chris Christie thinks that firing Bridget Kelly and spending two hours on TV declaring himself an innocent non-bully will solve the problem that he and his staff created, he's wrong.

Crimes were committed. If you or I or anyone reading this paper went out on I-95 and put up traffic cones, choked interstate traffic and commerce and impeded first responders, we would be arrested instantly.

Christie is the governor and had to know that the main highway between his state and New York City was blocked for days. He did nothing. He joked about it.

PAUL SIMONS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

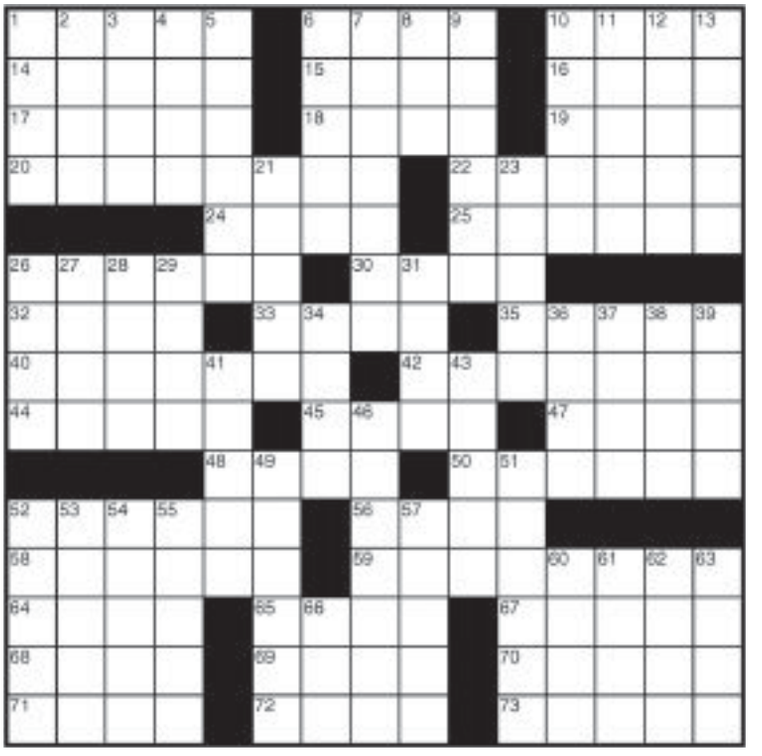
Across

1 Relish
6 It's just not right
10 Manage somehow
14 "Curiosity must be kept—." (Eleanor Roosevelt)
15 Fifi's friend
16 Jai —
17 First-stringers (hyph.)
18 Regard as
19 Fake coin
20 Stun (2 wds.)
22 Polite word
24 Lemony taste
25 The preferred evil
26 Flays
30 Gave the once-over
32 Auction site
33 Relaxation
35 Mural undercoat
40 Frontier settlement
42 Made sure
44 Type of wool
45 Post-kindergarten
47 Not green
48 Kind of buggy
50 Jeers at
52 Orchestra member
56 Frame of mind
58 Rome's legions
59 Fond desire of corporations
64 Mild onion
65 Nev. neighbor
67 Math proportion
68 He wrote "Picnic"
69 Penalty
70 "— the Dragon"
71 Faculty honcho
72 Future turtles
73 Basalt or gneiss

Down

1 Volvo rival
2 Low voice
3 Opinion
4 Paramecium's shape
5 Distant
6 Weighed down
7 Appears
8 "— upon this quiet life!"
9 Pagoda, e.g.
10 Packing crates
11 Mexican pots
12 Temporary stop
13 Alpine peak
21 Flower containers
23 Climber's rest
26 Tolstoy et al.
27 Lean against
28 Glut
29 Extreme PR
31 "Gross!"
34 Nefertiti's god
36 Pantyhose shade
37 Fruit peel
38 Fall mo.
39 Ben Jonson works
41 Rock'n'roll classic
43 Discover by chance (2 wds.)
46 Accident-prone rodent?
49 Touch-and-go
51 Lights incense to
52 Well-founded
53 Curie daughter
54 Alpha opposite
55 Compare
57 Seeps
60 Gasp
61 Herr von Bismarck
62 Mortgage, e.g.
63 Time long gone
66 Oil-drilling platform

Weekend's answer



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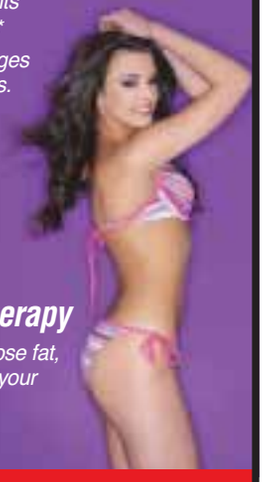

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NFL playoffs

49ers, Broncos move on

The 49ers set up a rubber match with rival Seattle in next week's NFC Championship after cruising to a 23-10 win over Carolina behind two huge goal-line stands. In the AFC, the Broncos beat San Diego, 24-17, to set up another Peyton Manning-Tom Brady showdown.

Bosch: I injected Rodriguez, told to keep private

MLB. The founder of the Biogenesis clinic details Alex Rodriguez's PED use in an explosive interview.

The man at the center of the Alex Rodriguez suspension scandal, Anthony Bosch, gave his first televised interview Sunday night to CBS' "60 Minutes." And it followed much the same history as interviews done by previous admitted steroid distributors Victor Conte and Kirk Radomski.

Bosch said he personally injected Rodriguez with testosterone, insulin growth factor and human growth hormone.

Bosch, here in a booking photo from April 2012, spoke for the first time publicly. / GETTY IMAGES

"He would study the product. He would study the substances," Bosch told CBS' Scott Pelley. "He would study the dosages, because he wanted to achieve all his human performance or in this case, sports performance, objectives. And the most important one was the 800 home run club."

Bosch also talked about the text messages, released early to the New York Daily News, which detailed how Bosch delivered the substances.

"Try to use service elevators. Careful. Tons of eyes," Rodriguez told Bosch in a June 2012 text message.

Rodriguez says he never took any drugs and will take the arbitrator's ruling of a 162-game ban delivered Saturday to federal court.

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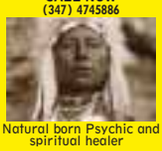

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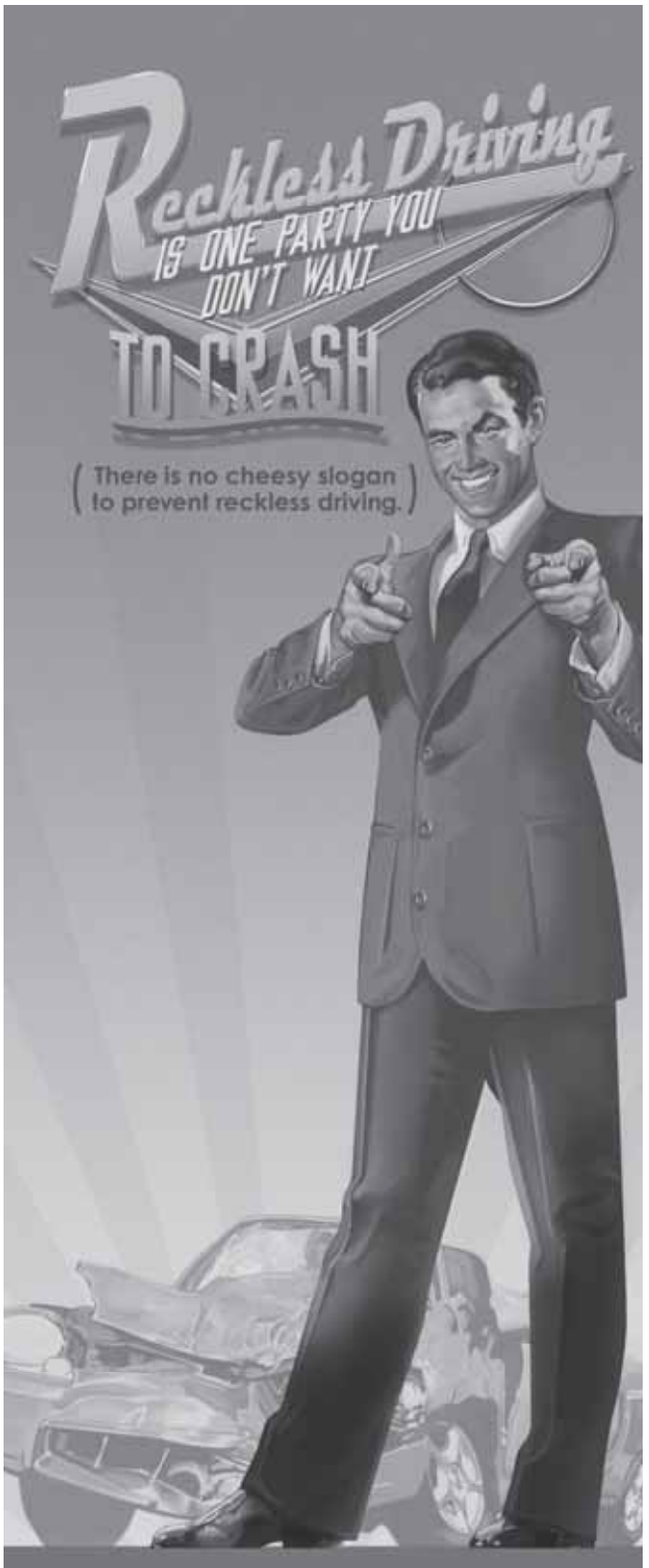

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—John McColgan, Riverdance director

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—William Mathews, art museum founder

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— Robert Stromberg, *production designer for Avatar*

JANUARY 10–19

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